Student Organization

Family & Consumer Sciences programs are required to have an affiliated FCCLA *(Family, Career & Community Leaders of America)* chapter as an integral part of the instructional program.

FCCLA is unique among youth organizations because its programs are planned and run by members. It is the only Career and Technical Student Organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers, and communities.

Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life planning, goal setting, problem solving, decision making, and interpersonal communication necessary in the home and workplace.

STATE OF ARKANSAS

Mike Beebe
Governor

William L. "Bill" Walker, Jr.
Director

Department of Workforce Education

WE ARKANSAS
Department of
WORKFORCE
EDUCATION

ARKANSAS
FAMILY & CONSUMER
SCIENCES

Office of Family and Consumer Sciences
Suellen Ward, Program Manager
Luther S. Hardin Building
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ARKANSAS
FAMILY & CONSUMER
SCIENCES

Nutrition & Wellness

Developing Knowledge, Skills, Attitudes & Behavior

Office of Family and Consumer Sciences
Suellen Ward, Program Manager

In today's society, children and teens are assuming greater responsibilities for their own day-to-day lives. Teens are vulnerable to potentially dangerous fallacies related to nutrition and wellness, such as those associated with weight control and athletic performance.

Nutrition and Wellness enables students to analyze the interaction of nutrition, foods, and fitness for the overall wellness of individuals and families
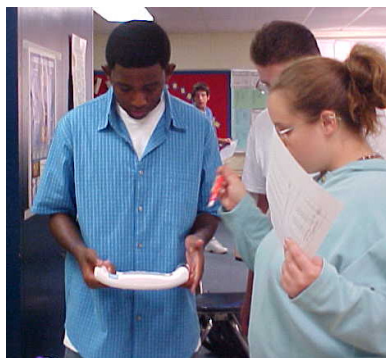

Working with fat models

throughout their lifespan. In this course, students will develop nutrition and fitness habits to make wise decisions regarding healthy living and disease prevention through these practices. As active learners, students develop higher-order

thinking and academic skills in the areas of math, science, language arts, and social studies through the evaluation of relevant nutrition and wellness information. This one-semester course is recommended for all students regardless of their career cluster or pathway in order to build basic nutrition and wellness knowledge and skills. It is especially appropriate for students with an interest in human services, wellness and fitness, health, or food and nutrition-related career pathways.

Careers

- Personal Trainer
- Weight Counselor
- Product Researcher
- Public Health Educator
- Dietary Aide
- Food Inspector
- Food Scientist
- Food Sales Manager
- Food Science Technician
- Food Bank Director
- Chef
- Home Health Aide
- Clinical Dietitian
- Wellness Specialist
- Registered Nutritionist
- Food Technician
- Food Stylist
- Community Health Nurse
- Food Editor
- Test Kitchen Manager
- Banquet Manager
- Lab Technician
- Catering Director
- Product Representative

Course Approval

School districts desiring to add Nutrition and Wellness to an existing career focus program of study will need to provide training, curriculum, and equipment necessary for instruction. The course must be taught for five consecutive years after the initial implementation. A list of equipment and supplies may be obtained from the program manager. Training for new or replacement teachers will be offered on a rotation basis as needed.
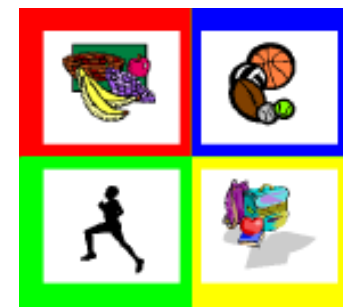

Using the digital body fat analyzer

Programs of Study

In order to complete a program of study, a student must complete three units in a defined sequence of courses. Nutrition and Wellness serves as an elective option in the following programs of study:

- Family and Consumer Sciences
- Culinary Arts
- Food Production, Management & Services
- Child Care Guidance, Management & Services

Other Programs of Study

Other programs of study which are approved by the Office of Family and Consumer Sciences are:

- Education & Training
- Lodging Management,
- Cosmetology

For information about implementing any of these programs, please contact the Office of Family and Consumer Sciences at:

501-682-1115